

BRFSS Brief

Number 2022-11

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual telephone survey of adults developed by the Centers for Disease Control and Prevention conducted in all 50 States, the District of Columbia, and several US Territories. The New York BRFSS is administered by the New York State Department of Health to provide statewide and regional information on behaviors, risk factors, and use of preventive health services related to the leading causes of chronic and infectious diseases, disability, injury, and death.

Sugar-Sweetened Beverages

New York State Adults, 2020

Introduction and Key Findings

Sugar-sweetened beverages (SSBs) or sugary drinks are the largest source of added sugars in the diets of Americans, contributing over 40% of the daily intake of added sugars for U.S. adults.¹ Examples of SSBs include, but are not limited to, regular soda, fruit drinks, sports drinks, energy drinks, sweetened water, and coffee and tea beverages with added sugars. SSBs also contribute significant amounts of calories to the diet and offer little to no nutrients. Studies have found that frequently drinking SSBs is linked to weight gain, tooth decay and cavities, heart disease, stroke, and type 2 diabetes in adults.²

The 2020-2025 Dietary Guidelines for Americans recommend limiting food and beverages higher in added sugars to less than 10 percent of calories per day for adults and choosing beverages with no added sugars to help individuals achieve a healthy diet.¹ Consuming more than recommended levels of added sugars can increase the risk of obesity, which has reached epidemic proportions in New York State and across the nation.

The New York State Prevention Agenda 2019-2024 established a goal to decrease the percentage of adults who consume one or more sugary drinks per day by 5% among all adults (from 23.2% in 2016 to 22.0% by 2024), and by 10% among adults with an annual household income of less than \$25,000 (from 31.7% in 2016 to 28.5% in 2024).³

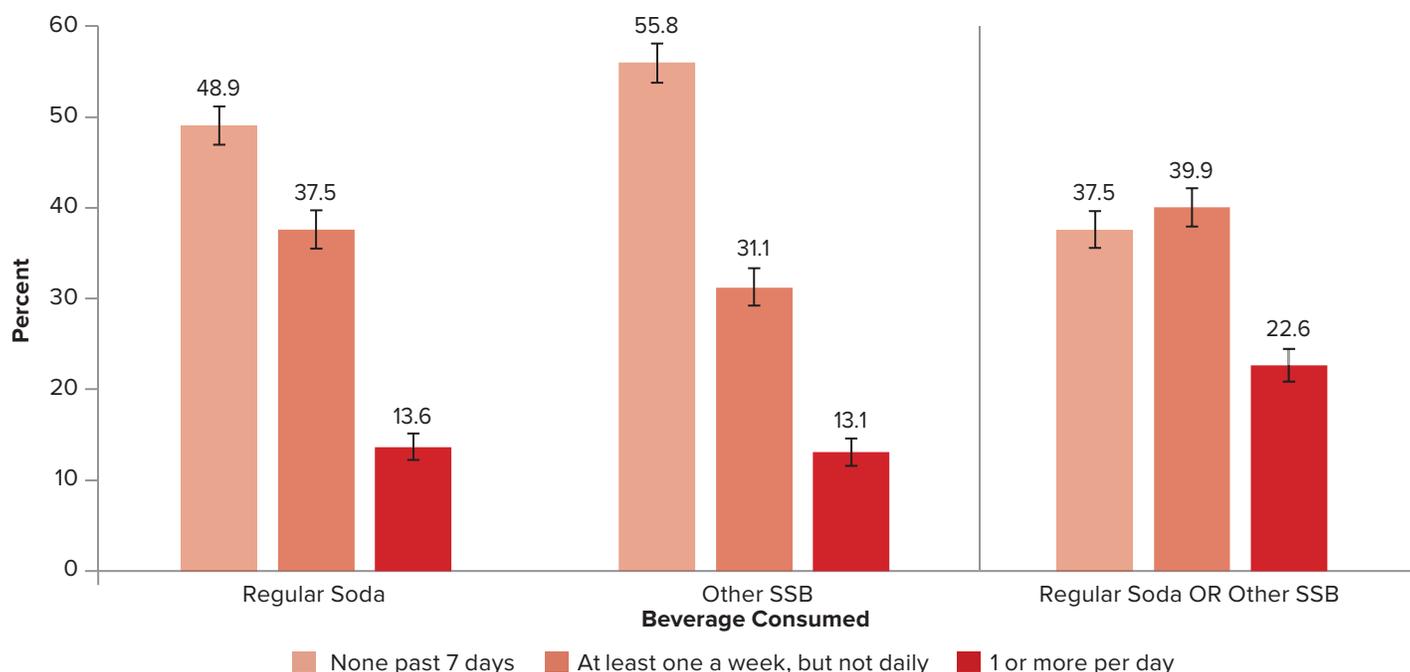
Key Findings

In New York State (NYS), more than one in five adults (22.6%) drinks at least one soda or other SSB per day. Daily consumption of soda or other SSBs is more prevalent among people with an annual household income less than \$50,000 per year (30.0% for less than \$25,000, 24.8% for less than \$50,000), people with a high school education or less (35.9% for less than high school, 28.0% for high school), people who identify as non-Hispanic Black (32.6%) or Hispanic (25.3%), and people living with disability (28.6%). Daily consumption of SSBs in NYS adults has not significantly decreased over the past ten years, with estimates averaging 22.7% and ranging from 18.6% to 24.0%.

BRFSS questions

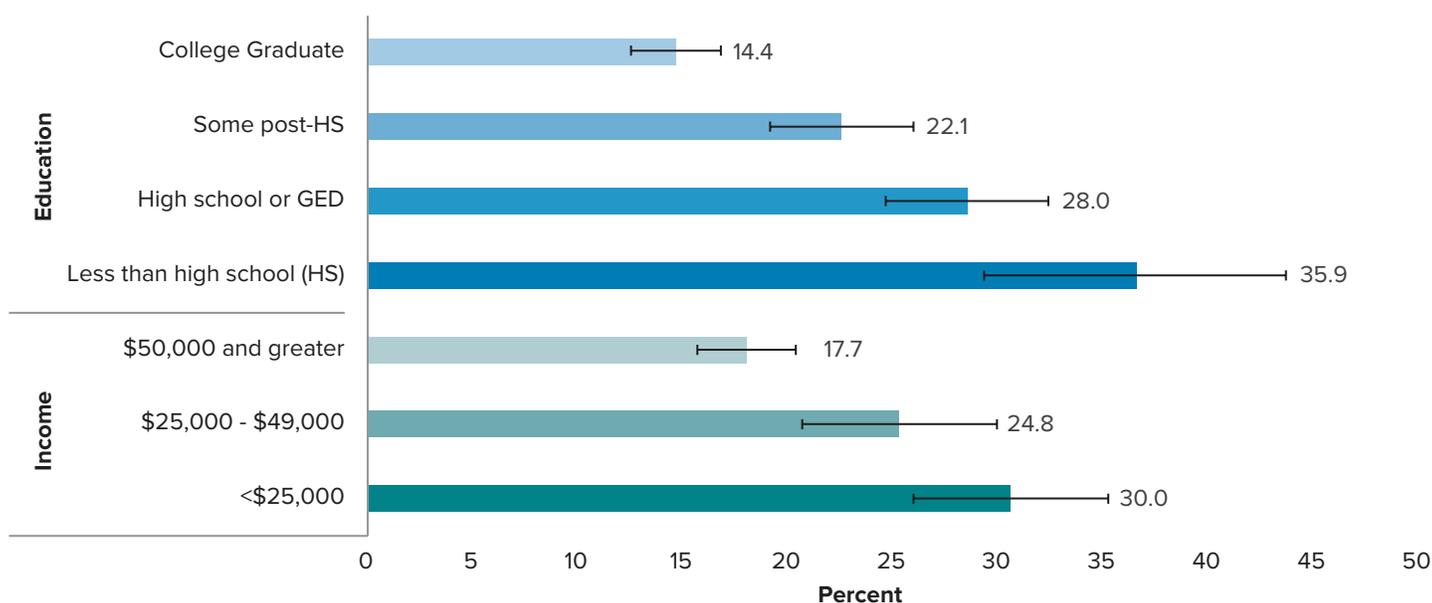
1. During the past 30 days, how often did you drink regular soda or pop that contains sugar?
Do not include diet soda or diet pop.
2. During the past 30 days, how often did you drink sugar-sweetened fruit drinks (such as Kool-aid™ and lemonade), sweet tea, and sports or energy drinks (such as Gatorade™ and Red Bull™)? Do not include 100% fruit juice, diet drinks, or artificially sweetened drinks.

Figure 1. Frequency of consumption of soda and sugar-sweetened beverages (SSBs) among New York State adults, 2020 BRFSS



Note: Error bars represent 95% confidence intervals.

Figure 2. Daily consumption of regular soda or other sugar-sweetened beverages among New York State adults by education and income*, 2020 BRFSS



Note: Error bars represent 95% confidence intervals.

* >10% of sample did not report income; of the Missing Income group, 24.2% reported daily consumption of soda or other SSB

Daily consumption of soda and sugar-sweetened beverages (SSBs) among New York State adults, 2020 BRFSS

	Consumed At Least One Regular Soda Per Day ^a		Consumed At Least One Other SSB Per Day ^b		Consumed At Least One Regular Soda or SSB Per Day ^{a,b}	
	% ^c	95% CI ^c	%	95% CI	%	95% CI
New York State (NYS) [n=14,769]	13.6	12.2-15.1	13.1	11.6-14.6	22.6	20.8-24.4
Sex						
Male	14.3	12.2-16.5	15.3	13.0-17.5	24.7	22.0-27.5
Female	13.0	11.0-14.9	11.1	9.1-13.1	20.7	18.3-23.1
Age (years)						
18-24	16.6	10.9-22.3	12.0	7.4-16.6	27.2	20.5-33.9
25-34	15.7	11.4-19.9	18.2	13.2-23.2	27.9	22.4-33.4
35-44	14.6	10.9-18.4	15.5	11.5-19.4	24.8	20.2-29.4
45-54	14.0	10.5-17.5	14.6	10.8-18.3	23.5	19.1-27.9
55-64	12.2	9.5-14.9	10.4	7.6-13.2	18.7	15.3-22.1
65+	10.9	8.5-13.2	9.4	7.2-11.5	17.4	14.6-20.2
Race/ethnicity						
White non-Hispanic	12.4	10.6-14.1	11.3	9.5-13.0	20.7	18.5-22.9
Black non-Hispanic	19.7	14.6-24.9	22.4	16.7-28.0	32.6	26.6-38.5
Hispanic	14.6	10.9-18.3	14.9	11.1-18.7	25.3	20.7-30.0
Other race or multiracial, non-Hispanic ^d	10.0	6.0-14.0	7.4	3.8-11.0	14.7	9.9-19.4
Income						
<\$25,000	21.3	17.2-25.5	17.4	13.5-21.3	30.0	25.5-34.6
\$25,000-\$49,999	14.2	10.6-17.7	15.2	11.3-19.0	24.8	20.3-29.4
\$50,000 and greater	9.4	7.7-11.1	10.7	8.8-12.6	17.7	15.4-20.0
Missing ^e	14.8	11.2-18.4	12.6	8.9-16.3	24.2	19.7-28.6
Educational attainment						
Less than high school (HS)	21.7	15.6-27.9	21.1	14.8-27.5	35.9	28.8-42.9
High school or GED	19.5	16.2-22.8	14.9	11.9-17.9	28.0	24.2-31.8
Some post-HS	11.6	9.2-14.1	13.7	10.7-16.6	22.1	18.8-25.5
College graduate	8.0	6.4-9.7	8.6	6.9-10.3	14.4	12.2-16.5
Disability^e						
Yes	19.0	15.6-22.4	16.7	13.3-20.1	28.6	24.7-32.6
No	11.7	10.1-13.2	12.0	10.3-13.6	20.5	18.5-22.5
Region						
New York City (NYC)	14.3	11.7-16.9	13.2	10.6-15.7	22.9	19.9-26.0
NYS exclusive of NYC	13.2	11.5-14.9	13.0	11.2-14.9	22.4	20.2-24.6

a Includes sugar-sweetened soda only

b Other sugar-sweetened beverages include sugar-sweetened drinks like sweet tea, sports or energy drinks or fruit drinks such as lemonade.

c % = weighted percentage; CI = confidence interval

d American Indian, Alaskan Native, Asian, Native Hawaiian or other Pacific Islander, other race or multiracial

e "Missing" category included because more than 10% of the sample did not report income.

f All respondents who reported having at least one type of disability (cognitive, mobility, vision, self-care, independent living or deafness)

References

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).
2. Malik VS, Hu FB. Fructose and Cardiometabolic Health: What the Evidence from Sugar-Sweetened Beverages Tells Us. *J Am Coll Cardiol*. 2015 Oct 6;66(14):1615-24
3. New York State Prevention Agenda Preventing Chronic Diseases Action Plan available at: https://health.ny.gov/prevention/prevention_agenda/2019-2024/chr.htm#FA1

Program Contributions

New York State Department of Health
Bureau of Chronic Disease Evaluation and Research
Bureau of Community Chronic Disease Prevention

Order Information

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